BROCKTON AREA MULTI-SERVICES, INC.

MEDICAL PROCEDURE GUIDE

Subject: Blood Glucose Monitoring	
Date Developed: 4/2010	**Date(s) Reviewed/Revised:** 2/2011

PROCEDURE FOR: MAP-certified staff, RN, or LPN

PURPOSE: To train staff in the proper procedure of obtaining a blood glucose reading. (See Hypo/Hyperglycemia Protocol for Diabetes) Blood glucose monitoring is done:

- for blood glucose control and for insulin adjustment
- to detect high or low blood glucose levels so that treatment can be given if needed
- to monitor and treat diabetes during illnesses and exercise.

When program staff are monitoring or applying this procedure, a physicianôs order must be obtained. A physicianôs order should include the times that the glucose check is to be performed. When parameters are indicated, they must be specific.

Training may be provided by a licensed nurse or a licensed nurse from a VNA, Home Health Agency, or from staff at a physicianôs office.

Review individual-specific protocols. Review signs and symptoms of hypoglycemia and hyperglycemia (see handout in Medical Procedure Manual).

Before training staff on procedure, review glucose monitoring meter device, lancing device, and test strips. Refer to manufacturerôs manual for care of the glucose monitoring device.

EQUIPMENT:

- Blood Glucose Monitor
- Lancet
- Alcohol swab
- 2x2 gauze

PROCEDURE:

1. Assemble equipment.
2. Wash hands before and after procedure and utilize gloves and other Standard Universal Precautions. Washing hands protects you (staff) from possible bloodborne pathogen exposure.
3. Explain procedure to individual.

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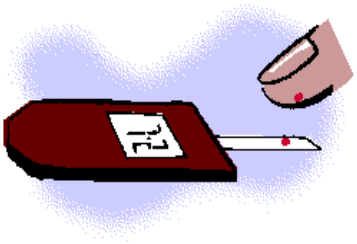
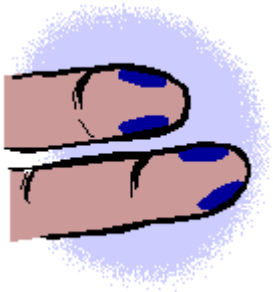
4. Insert a test strip into the meter.
5. Wipe finger with alcohol swab.
6. Use your lancing device on the side of your fingertip to get a drop of blood.
7. Gently squeeze or massage your finger until a drop of blood forms. (Required sample sizes vary by meter.)
8. Touch and hold the edge of the test strip to the drop of blood, and wait for the result. The blood is automatically pulled into the test strip.
9. Wipe blood off of finger with 2x2 gauze.
10. Your blood glucose level will appear on the meter's display.
11. Discard lancet in Sharps Disposal Container.
12. Take out test strip and discard.
13. Store equipment in medicine closet or room.



Note: All meters are slightly different, so always refer to your user's manual for specific instructions.

Other tips for checking:

- With some meters, you can also use your forearm, thigh, or fleshy part of your hand.
- There are spring-loaded lancing devices that make sticking an individual less painful.
- If you use your fingertip, stick the side of your fingertip by your fingernail to avoid having sore spots on the frequently used part of your finger.



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EMERGENY GUIDLEINES:

Physician is to be notified of any blood glucose parameters that fall out of the boundaries of the physicianôs order. Notify program nurse, program manager, and/or on call as indicated. Emergency response system (911) is to be notified if an individual is found to be unresponsive and/or does not respond to treatment as indicated in protocol.

DOCUMENTATION:

Document results in Medication Administration Record or Sliding Scale Insulin Form. See individualized protocol for when to notify physician for results that are out of range. Notify program nurse and/or program manager.